



three little birds

FOR MOMS

PRENATAL YOGA

Mondays 7:00-8:00pm * Taught by Michelle Goitia

Specially designed poses, breath-work and visualization not only ease current discomfort, but also helps you develop the strength, flexibility, stamina and inner-peace you'll need for your birth experience. Whether you are a yoga veteran or novice, this class will help you connect with your developing baby and with other pregnant moms. 10 class mom and baby card for \$150 * 5 class mom & baby card \$85 * single class \$20

YOGA FOR LABOR & DELIVERY WORKSHOPS : a workshop for partners preparing for childbirth

Taught by Michelle Goitia: April 15th *11:30am-2:30pm * \$100 per couple

This workshop will help you find the courage and comfort you'll need during the birthing process. By learning coping strategies that include movement, massage, breath, visualization and vocalization, your partner can provide emotional support to your labor and together you can manage the intensity of childbirth. This workshop provides you the opportunity to explore the process of labor and discover the strategies that might work best for you and your partner.

POSTNATAL YOGA WITH BABY

Wednesdays 1:30-2:30pm * Taught by Michelle Goitia

This class will renew your spirit and give you the opportunity to re-connect with your body while connecting with your baby.

10 class mom & baby card \$150 * 5 class mom & baby card \$85 * single class \$20

FOR YOUR LITTLE BIRDS

LITTLE BIRDS MUSIC CLASS

Mondays 1:30pm and Fridays 1:30-2:15pm * 6 weeks-10 months

Connect with your baby through the joy of music. This sweet and gentle music class is specifically designed for your littlest bird. Discover rich songs, finger plays and rhythms to strengthen your bond and to use at home for play, bath and bedtime.

10 class mom & baby card \$150 * 5 class mom & baby card \$85 * single class \$20 * Register ahead of time for this sell out class!

LITTLE BIRDS DEVELOPMENTAL MOVEMENT CLASSES

infants Tuesdays 2:15-3pm * rolling over/crawlers Tuesdays 3:15-4pm * walkers up to age three Tuesdays 4:15-5pm

An interactive and joyful class that uses song, dance, yoga, play, massage and breath-work to nurture and foster your baby's development and socialization. 10 class mom & baby card \$150 * 5 class mom & baby card \$85 * single class for \$20 * Register ahead of time for these sell out classes!

PRESCHOOL OF ROCK MUSIC

Mondays 9:30am, 10:30am & 11:30am and Saturdays 10:30am * perfect for 10mo-4 years

This high-energy children's music class is filled with drumming, shaking, dancing, laughter and instrument discovery. Register at preschoolofrock.com

LITTLE BIRDS PLAYGROUP

Wednesdays 3:30-4:30pm * 12-24 months

Your little bird now has their very own playgroup in our beautiful play space! This is a fun way to get together with other toddlers and caregivers in a relaxed and playful environment. 10 class mom & baby card \$150 * 5 class mom & baby card \$85 * single class \$20

LITTLE BIRDS DROP OFF PROGRAM

Tuesday-Friday 8:30am-10:30am & 10:30am-12:30pm and our new class on Monday and Thursday from 3:30-5:30pm

Choose 2, 3 or 4 days a week. Email for availability.

Our 2-hour program prepares children for school by easing them into a routine, while giving them the room to express themselves. This program is ideal for the little bird who may not need a full time program but is looking for a caring environment to learn to fly from the nest. Our nurturing teachers guide children through activities such as circle time, imaginative play, crafts, color/letter/number learning, sensory exploration, movement, snack/lunch, manners and story time – all of which tie into our weekly themes. Our cozy, creative program is perfect for your little bird who is learning to fly. 18mo-4yr

Register at www.threelittlebirds.com

Downtown JC Studio: 16 Erie Street * West Side JC Preschool/Kindergarten/Camp: 691 West Side Avenue

At 201.528.3212 * CHIRP@THREELITTLEBIRDSJC.COM

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